LANGUAGE TOOLKIT: URDU (اردو)

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Medical History-Taking Template
Sehat ki tafseelat ka form

Introduction:
Ta’ruf

Hello, my name is ____ and I am a first/second/third/fourth year medical student at ____.
• Salam alaikum, mera naam ___ hai. Mai pehlay/doosray/theesray/chowthay saal ka(M Dr)/ki(F Dr) student hoon.

• How would you like to be addressed?
• Aap kiss naam say boolaya jaana pasand karain gay(M)/gi(F)?

I’m going to ask you some questions about why you’re here today, is that okay?
• Kya main aap say aap ki sehat ke baray may kuch sawalaat poochka(M Dr)/sakti (F Dr) hoon?

Presenting Complaint:
Mareez ke aanay ki wajah

What’s brought you into the hospital/clinic today?
• Aap aaj kiss waja say aspitaal/clinic ayay(M)/ayi(F) hain?
History of Presenting Illness:
Beemari ki tafseelaat

Onset:
Beemari ki shuruaat

What were you doing when the pain started?
• Jab aap ki takleef shuru hui, aap uss waqt kya kar rahay(M)/rahi(F) thay(M)/theen(F)?

Did it start suddenly, gradually, or is it a chronic issue?
• Kya aap ka dard achaanak say ya ahista ahista shuroo hua? Ya phir yay aap ko aqsar dard hota hai?

Provocation/palliation:
Takleef barrhnay ki wajah

Does anything make the pain better or worse?
• Kya koi aisi cheez ya amal hai jiss say aap kay dard ko araam aata hai, ya koi aisi cheez ya amal jiss say dard may izaafa hota hai?

Is it worse with movement?
• Kya aap ki takleef may hilnay julnay say izaafa hota hai?

Does the pain resolve with rest?
• Kya araam kernay say takleef kam hoti hai?

Quality:
Dard ki khasoosiaat

Can you describe the pain to me?
• Aap apnay dard ki nauyat tafseel say batain.
Is it sharp or dull?

- Kya yay chubnay wala ya halka dard hai?

Is it constant or intermittent?

- Kya yay dard lagataar rehta hai, ya waqfay waqfay se hota hai?

Region/radiation:
Dard ki jaga / dard ka phelna

Can you point to where it hurts the most?

- Kya aap mujhay dikha saktay(M)/sakti(F) hain, jahaan dard sab say zyaada hota hai?

Does the pain radiate anywhere else?

- Kya aap ka dard kahin aur bhi phailta hai, ya issi jaga rehta hai?

Severity:
Dard ki shiddat

On a scale of 1 to 10, with 10 being the worst pain you’ve ever experienced, how bad is the pain?

- Aap kay dard ki shiddat kya hai ek say das kay scale par, jahan ek (1) ka matlub sab say kum aur das (10) ka matlub bohat shadeed dard ho? Aap apnay dard ko kya number dain gay/gi?

Time:
Dard ki auqaat

How long has this been going on for?

- Yay dard kitnay arsay say ho raha hai?

How has the pain changed over time?

- Kya waqt kay saath aap kay dard may koi farq ayah hai?
Has this happened in the past?
• Kya aisa hi dard aap ko kabhi pehlay hua hai?

**Lived Experience of Illness (FIFE):**
**Beemari ki mushahidaat**

**Feelings:**
**Ehsaasaat**

How has this illness made you feel?
• Aap iss beemari ki wajah say zehni tor per kya mehsoos kertay(M)/kerti(F) hain?

What fears or worries do you have about this?
• Iss beemari kay baaray main aap ko kya tashweesh hai? (koi dar ya pareshaani)?

**Ideas:**
**Khyaalaat**

What do you think has been causing your pain or illness?
• Aap kay khyaal may, aap kay dard (pain) ya beemari (or illness) ki kya wajah ho sakti hai?

**Function:**
**Rozmara kay ma'moolaat per asar**

How has this affected your day-to-day activities?
• Iss beemari (illness) ya dard (or pain) ki wajah say aap ki rozmara ki masroofiyaat par kya asar parrha hai?

What has this illness prevented you from doing?
• Iss beemari (illness) ya dard (or pain) ki wajah say aap kya cheezain nahin ker paatay(M)/paati(F) hain?
What are your goals for what you would like to be able to do?
• Aap kya karna chahtay(M)/chahti(F) hain jo abhi nahin ker paarahay(M)/paarahi(F) hain?

آپ کیا کرنا چاہتے/چاہتی ہیں جو ابھی نہیں کر پارے/پارھی ہیں؟

Expectations:
Umeedain

What would you like to get out of today's visit?
• Aap aaj ki mulaqaat may kya haasil kerna chahtay(M)/chahti(F) hain?

آپ آج کی ملاقات میں کیا حاصل کرنا چاہتے/چاہتی ہیں؟

What are your expectations moving forward?
• Aap ki agay kay liyay kya ummeedain hain?

آپ کی آگے کے لئے کیا امیدیں ہیں؟

What are your thoughts about the treatment plan?
• Aap ka iss tareeqa-e-ilaaj kay baaray may kya khyaalaat hain?

آپ کا اس طریقہ علاج کے بارے میں کیا خیالات ہیں؟

Past Medical History:
Pichli beemariyan

What are your current medical conditions?
• Aap ko aur kon si beemariyan hain?

آپ کو اور کون سی بیماریاں ہیں؟

Have you had any previous surgeries?
• Kya aap ki pehlay kabhi surgery hui hai?

کیا آپ کی پہلے کبھی سرجری ہوئی ہے؟

Have you had any previous hospital visits?
• Kya aap ko pehlay kabhi aspitaal jaana parrha hai?

کیا آپ کو پہلے کبھی ہسپتال جانا پڑا ہے؟

Do you have a history of hypertension, high cholesterol, or diabetes?
• Kya aap ko pehlay high blood pressure, high cholesterol, ya zyabeetus (ya'ni high blood pressure) ki shikaayat hui hai?

کیا آپ کو پہلے بائی پٹھر، بائی کلسٹرول، یا ذیابیطس (یعنی بائی پٹھر شگر) کی شکایت بونی ہے؟
Have you seen any medical specialists in the past?
• Kya aap nay pehlay kissi medical specialist se madad li hai?

Medication History:
Adwayaat ki tafseel

Which medications are you currently taking?
• Aap abhi kon kon si daakter ki tajweez key hui adwayaat lay rahay(M)/rahi(F) hain?

Are you using any over-the-counter medications, herbal remedies, or supplements?
• Kya aap tajweez kay beghair koi aur adwayaat laitay(M)/laiti(F) hain? Koi jarri bootiyan waghera?

Allergies:
Allergies

Do you have any allergies to any medications?
• Kya aap ko kissi dawaa say allergy hai?

How have you reacted to these medications?
• Iss dawa ki allergy say aapko kya hota hai?

Do you have any food or latex allergies?
• Aapko khanay ki kissi cheez say allergy hai? Latex ki allergy hai?

Family History:
Khaandaani sehat

Are there any medical conditions that run in your family?
• Kya aap ki koi khandaani beemariyan hain?
What is your ethnicity?
• Aap ka kiss nassal ya firqay say ta'luq hai?

Are your parents still with us? How’s their health?
• Kya aap kay maa baap hayaat hain? Unki sehat kaisi hai?

Do you have any siblings? How’s their health?
• Kya aap kay koi behen bhai hain? Unki sehat kaisi hai?

Do you have any children? How’s their health?
• Kya aap ki koi aulaad hai? Unki sehat kaisi hai?

Social History:
Samaji zindagi

Where is home for you? Do you live in a house, apartment or townhouse?
• Aap ka ghar kahan hai? Kya aap kissi ghar, apartment, ya town house may rehtay(M)/rehti(F) hain?

Who lives at home with you?
• Aap kay saath ghar main aur kon rehta hai?

Do you have any pets?
• Aap kay paas koi paaltu jaanwer hain? Billi, kutta, tauta waghaira?

What is your occupation?
• Aap ka kaarobar kya hai?

Are you currently married?
• Kya aap shaadi shuda hain?

Have you ever smoked?
• Kya aap nay kabhi cigarette noshi ki hai?
How many years have you been smoking?
• Aap kitnay saalon say cigarette noshi kar rahay(M)/rahi(F) hain?

How many packs do you smoke per day?
• Aap ek din may kitnay cigarette peetay(M)/peeti(F) hain?

When did you quit smoking?
• Aap nay cigarette peena kab chora?

Have you ever tried any recreational drugs, including marijuana?
• Kya aap nay koi aur tafreehi nashay kiyay hain, jaisay churs?

Do you drink any alcohol? How many drinks do you have per week?
• Kya aap sharaab peetay(M)/peeti(F) hain? Ek haftay me kitni dafa?

How is your diet?
• Aap ka khaana peena kaisa hai?

How much physical activity do you have per week?
• Aap ek haftay may kitni dafa warzish kertay(M)/kerti(F) hain?

What sort of activities do you enjoy?
• Aap kiss kissam ki tafreehaat pasand kerte hain?

Closing:
Ikhtataam

Thank you for taking the time to answer these questions.
• In sawaalon ka jawab denay kay liyay aap ka bohat shukriya

Do you have any questions for me or is there anything you would like to add?
• Kya aap ke paas kuch sawaalaat hain? Ya aap mujhay kuch mazed tafseel batana chahtay(M)/chahti(F) hain?
I will now be moving on to the physical exam, if that is okay with you.

- Ab main aap kay jism ka thibbi mo'ina karoon ga(M Dr)/gi(F Dr), agar aap ki ijaazat ho.
  اب میں آپ کے جسم کا طبی معائنہ کروں گا/گی، اگر آپ کی اجازت ہو۔